

Job Analysis of a P. E. in a Y.

1) Competent for Res

- 1) General
- 2) Specific
- 3) Philosophical

General

A. Education:

- 1) Development - strength, co ord. mental.
- 2) Character - standards, deportment
- 3) Health & hygiene - lectured or suggested.

B. Protection

- first-aid, med. exam

Specific.

A. Publicity.

- advanced, person, newspapers, etc.
- weekly reports, radio, posters.

B. Program.

C. Schedule

- needs.
- flexible - types, age.
- day times, space.
- special classes
- assistants - ability, personality.

D. Demonstrations

- annual.
- monthly - annual, small at Y.

E. Administrative.

- records, reports, finance, equipment

F. Departmental.

- board meetings.
- contact with P. E. committee
- care & supply of equipment.

Philosophical

- attitude, confidence, prof. ethics.

Camp Circus.

Chairman.

- heads of committee
- music, costumes, advertising
- coaching of performers,
- master of ceremonies.

Cabin distinctions.

- dances, gymnastics, stunts,
- pyramids, clowns (theme)

Clowns - blindfold, 3-legged race, fight.

P. E. Program in Rural School.

Needs.

- 1) Little muscle activities.
- 2) No spirit of play.
- 3) Equipment scarce, little time.
- 4) Teachers not trained.
- 5) Organization
 - boys + girls separate.
 - ground drained + kept well.
 - mat for tumbling. - box made.
 - basketball + softball equipment
 - gloves, bats, mask for catcher.
 - basketball standards + pumping st.
 - measuring tape, first-aid kit.

6) Music.

- drum, records, piano.

7) Teacher

- active, enthusiastic.
- pupil leadership.
- 25-30 min. periods a week.

8) Reliefs periods.

Rhythms.

Folk dances.

Mass games, athletics.

9) Room - extra practice for basketball etc.

Juniors

Grade I	Junior 1 st - 6 yr.	Early Elementary
Grade II	Senior 1 st - 7 yr.	Early Elementary
Grade III	Second Book - 8 yr.	Elementary
Grade IV	Junior III - 9 yr.	Elementary
Grade V	Senior III - 10 yr.	Late Elementary
Grade VI	Junior IV - 11 yr.	Late Elementary
Grade VII	Senior IV - 12 yr.	Junior High School
Grade VIII	1 st Form - 13 yr.	Junior High School
Grade IX	2 nd Form - 14 yr.	Junior High School
Grade X	3 rd Form - 15 yr.	Senior High School
Grade XI	4 th Form - 16 yr.	Senior High School
Grade XII	5 th Form - 17 yr.	Senior High School

● Loco-motor activities

In lines of 6, skip forward, at signal turn about, link arms & skip - opposite direction.

Running with knees high, stopping in given position.

Two lines off. All run forward, line with arms low so opposites can pick over hands.

● In 2's facing, hands joined. Running in any direction, 1 partner steering.

Running, change, forward, backwards & sideways.

✓ Heel, toe & polka step & gallop step side.

In 2's, inner hands joined. Running, at whistle change direction & swing, partner round & continue in same direction.

Skipping with high spring & knee rising form.

● 6 read chain - variations - walking, skipping, polka, turning partners etc.

Paul hold relay.
Doc hold relay.
Whipping relay.
Shipping relay.
Gallie relay.

Mimetics...

Grade II.

Bell ringing - big bell.

Climbing ladders.

Elephants - deck ten - bend 'g.

Snowballing.

Rooster - W's bent, raise elbows sidem.
rise on toes + move head backm.
Inner elbow + heels.

Toad jump.

Hands on hips + knees bent until
sitting on heels, hop forward keeping
knees bent.

Weather Vane.

Stand feet apart, hands on shoulders,
elbows up. Trunk twisting from side
to side.

Indians.

1. Paddle in canoe to woods - kneel on lt. knee - A's from front to rear.
2. Walk through woods - one hand shielding eyes, scout the bushes.
3. Shoot a bear, kneel on one knee, aim bow + arrow - draw A. back - imitate noise of arrow - whistle.
4. Run 4 steps to bear.
5. Stork + pick up bear - throw bear over shoulder.
6. Walk to canoe - paddle home.

Maple Sugar.

1. Put on coats, hats, gloves + boots.
2. Walk to woods, jump over ditches + logs.
3. Select tree + drive spouts in tree.
4. Stork + lift 6 pails up + hang them on tree.
5. Run home + sleep while pails fill.
6. Return to woods - empty pails into barrels.
7. Boil down sap to boiling pts.
8. Gather wood + build fire.
1. Stir sap + carry sugar home.

Games

- Story Plays - Physical Education for
Elementary Schools -
Nelson & Van Dusen.

First Grade. - (6 years)

A Day in the Country.
The Sleeping Princess.
Circus
Autumn in the Woods
Cutting the Grass
Halloween
Brownies
Hutting
Preparing for Thanksgiving
Coming to the Country.
How Animals get ready for the
Winter.
Firemen
Clever Wood Mice
Cowboys
Play in the Snow.
Skating
Snow Boat
Dear old Santa.
Christmas Tree.
Christmas Toys.
Building a House.
Gathering Wood for Fire.
March Winds.
Birds learning to fly.
Toy Shop
Aeroplane.
At the Seashore - At the Beach.



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